

Stepping Out In Suffolk

Spring '17
March
to
June



Health WALKS



One Life Suffolk

Helping local people live healthier lives



**WE ARE
MACMILLAN.**
CANCER SUPPORT

One Life Suffolk



Each walk description will give you information on the grade, time, distance and other possible features on the walk so you will be able to choose walks to suit you. Stepping Out in Suffolk provide short, free Health Walks which take between 30-90 minutes. Postcodes are given for the meeting place or the nearest building to.

Walks are graded so you can be sure they are suitable to your level:

1

On easy, good, flat surfaces
Up to 30 minutes

2

Mostly one level, can be muddy
Up to 60 minutes

3

Some moderate slopes, good surfaces

4

More challenging, may include steeper slopes, rough ground or mud in wet weather

5

As grade 4, but may include one or two stiles

On your first Health Walk we will ask you to fill out a Health Questionnaire which the walk leaders will have available for you on the day or alternatively download a copy at:

www.onelifesuffolk.co.uk

and bring it to your first walk. At the start of each walk a register is filled in to keep a record of the number of walkers attending. Our Health Walks, are accredited to the national body Walking for Health who are funded by Macmillan Cancer Care under the umbrella of The Ramblers. They are led by trained volunteer walk leaders to ensure that they are effective and above all, enjoyable!

Walking can...
 Make you feel good. Give you more energy. Reduce stress and help you sleep better. Keep your heart 'strong'. Reduce blood pressure. Help you to manage your weight.



Please note: All walks are dog friendly unless they state otherwise. All dogs must be kept on a short lead.



Please note: Extreme weather conditions may result in a walk being cancelled. If this happens, or you would like to clarify, there will be a notice on our web pages, alternatively you can contact your local walk leader direct, or call our client services team on 01473 718193.



Please note: Due to the nature of the walks it is important to wear suitable clothing, that is easy to move in and suitable footwear



Get on board and catch a bus to your walk! Finding out routes and times has never been easier: www.suffolkonboard.com

Why is walking the perfect activity for health?

- Almost everyone can do it.
- You can do it anywhere and anytime.
- It's a chance to make new friends.
- It's free and you don't need to book or have special equipment.
- You can also start slowly and build up gently

Volunteer with Stepping Out In Suffolk

We want everyone to live happier and healthier lives. Help us achieve this by volunteering with your local Walking for Health Scheme. We need people to lead and assist with walks, develop new routes or provide office support. Full training and support is provided.

If you want to get active, meet new people and make a difference to you local community, we'd love to hear from you.

Contact Name: Debbie Maynard

Email: debbie.maynard@onelifesuffolk.co.uk

Call: 01473 718193

Visit: www.onelifesuffolk.co.uk



One Life Suffolk

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Thursday, March 2nd 2017

Meet at 11:00am in the Ashley Crown car park CB8 9DR.

Grade: 3/4
Distance: 3 to 4 miles,
90 mins

Ashley/Cheveley - NO DOGS

A combination of firm paths, grassy surfaces and a long moderate gradient. Can be muddy/slippery in places. Roads to cross. The route may be changed to suit weather conditions. Refreshments available at the village shop.

Led by Pat King

Monday, 6th March 2017

Meeting: Place and time to be advised. Phone Mick Smith on 07957 433096 for details.

Grade: 1 – 2
Distance: 1.8 miles, max
45 mins

Weekly Gentle Walk around Newmarket Town

A weekly walk aimed at absolute beginners and very unfit people. It is round one of the Newmarket sports fields, with the intention of people building up the number of laps they can achieve. Walking is on grass so it can be wet and, due to leaves, slippery. Please come and start to build confidence in getting fit with others in the same position.

Led by Mick Smith

Thursday, 9th March 2017

Meet at 11:00am at Moulton Village Hall CB8 8SP

Parking available at the village hall car park.
Grade: 4
Distance: between 2 - 4 miles depending on walker ability

Moulton - NO DOGS

A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Stiles to cross on longer walk, with hills up and down. Beautiful scenery. Refreshments available at the village shop.

Led by Pat King

Duration: 60 – 90mins

**Monday,
13th March 2017**

Weekly Gentle Walk around Newmarket Town

Grade: 1 –2

Led by Mick Smith. Phone 07957 433096 for details.

1.8 miles, max 45 mins

**Thursday,
16th March 2017**

Exning - NO DOGS

Grade: 3

Meet at 11:00am in The Rosery Hotel car park. CB8 7EH. A combination of firm paths and grassy surfaces. Can be muddy/slippery in places. Roads to cross. Toilets and refreshments at the finish point. Parking in The Rosery car park. Led by Pat King

3 miles 60 to 90 mins

**Monday,
20th March 2017**

Weekly Gentle Walk around Newmarket Town

Grade: 1 –2

Led by Mick Smith. Phone 07957 433096 for details.

Distance: 1.8 miles max
45 mins

**Thursday,
23rd March 2017**

Newmarket - Town & Around

Postcode: CB8 0EA

Grade: 2

Meet at 11:00am in Newmarket Leisure Centre Reception. Gentle gradient and slightly uneven in places. Can be slippery in wet condition. Roads to cross. Toilets at start and finish. Refreshments at the finish point. Parking is free in Leisure Centre car park.

2.1 miles: 60 to 90 mins

Led by Mick Smith

**Monday,
27th March 2017**

Weekly Gentle Walk around Newmarket Town

Grade: 1 –2

Led by Mick Smith. Phone Mick 07957433096 for details.

1.8 miles max 45 mins

**Thursday,
30th March 2017**

Mildenhall Woods

Postcode: IP28 7HS

Grade: 2 to 3

Meet at 11:00am at the Half Moon Pub. Some uneven ground. Can be muddy/slippery due to leaves wet conditions. Roads to cross. Refreshments/toilets at the finish point. Parking: In pub car park.

3 miles / 60 –90 mins.

Led by Mick Smith

**Monday,
3rd April 2017**

Weekly Gentle Walk around Newmarket Town

Grade: 1 –2

Led by Mick Smith. Phone 07957433096 for details.

1.8 miles max 45 mins

**Thursday,
6th April 2017**

Wild Card Walk 11:00am

Contact: Mick Smith - 07957 433096,
micksmith@aol.com

Facebook page 'Newmarket Area Health Walks'

**Monday,
10th April 2017**

Weekly Gentle Walk around Newmarket Town

Grade: 1 –2

Led by Mick Smith. Phone 07957433096. for details.

1.8 miles, max 45 mins

**Thursday,
13th April 2017**

Wild Card Walk 11:00am

Contact: Patrick or Jenny King – 01638 578344,
patandjenking@btinternet.com

**Thursday,
20th April 2017**

Dalham - NO DOGS

Postcode: CB8 8TG

Grade: 3/4.

2 miles / 60 – 90mins

Meet at 11am outside the Affleck Arms. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients and will probably be muddy and slippery in places. Roads to cross. Park in the road.

Led by Pat King

**Monday
24th April 2017**

Weekly Gentle Walk around Newmarket Town

Grade: 1 –2

1.8 miles max 45 mins

Led by Mick Smith. Phone 07957 433096 for details.

**Thursday,
27th April 2017**

Burwell Priory Woods - NO DOGS

Postcode: CB25 0HD

Grade: 2 to 3

3 miles /60–90 mins

Meet at 11am outside the church or opposite the Five Bells Pub. A combination of pavement and grassy tracks. Uneven in places. Can be slippery due to leaves or muddy in wet conditions. There can be nettles and thistles in places so wear suitable clothing and footwear. Roads to cross. Toilets in the village. Parking in road outside the church. Route may be changed to suit weather conditions.

Led by Pat King

**Thursday,
4th May 2017**

Devil's Dyke

Postcode: CB8 0TQ

Grade 2/3/4

3 miles /1 to 1.5 hours

Meet at 11am at July Course access road, off A1304 at the end of road at the Devil's Dyke. Flat walk along the flat beside the dyke and July Racecourse.

Slightly uneven in places.

Led by Mick Smith

Monday, 8th May 2017 Weekly Gentle Walk around Newmarket Town

Phone Mick Smith on
07957 433096 for
details

Led by Mick Smith

Grade: 1 –2

1.8 miles, max 45 mins

**Thursday,
11th May 2017**

Mildenhall - River Lark - NO DOGS

Meet at 11am in the car park. Postcode: IP28 7HG

Grade: 3 2.3 miles
60 –90 mins

A combination of pavements, tracks and grassy surfaces. Some uneven. A bridge to cross and steps at the beginning and end of the walk. Roads to cross. Can be muddy and slippery in places. Toilets at the start/finish point (In Sainsbury's store). Parking is free in the Recreation Way car park.

Led by Pat King

**Monday, 15th May
2017**

Weekly Gentle Walk around Newmarket Town

Grade: 1 –2

1.8 miles max 45 mins

Led by Mick Smith. Call 07957 433096 for details

**Thursday, 18th May
2017**

Ashley/Cheveley - NO DOGS

Postcode: CB8 9DR

Grade: 3/4

Distance: 3 to 4 miles
90 mins

Meet at 11am in the Ashley Crown car park
A combination of firm paths, grassy surfaces and a long moderate gradient. Can be muddy/slippery in places. Roads to cross. The route may be changed to suit weather conditions. Refreshments available at the village shop.

Led by Pat King

**Monday, 22nd May
2017**

Weekly Gentle Walk around Newmarket Town

Grade: 1 –2

1.8 miles max 45 mins

Led by Mick Smith. Call 07957 433096 for details

**Thursday,
25th May 2017**

Moulton - NO DOGS

Postcode: CB8 8SP

Grade 4 Distance:
varies for the ability of
the walkers on the day
between 2 - 4 miles

Duration 60 – 90 mins.

Meet at 11am at Moulton Village Hall CB8 8SP
Parking available at the village hall car park. A combination of firm paths, uneven tracks and grassy surfaces. Moderate gradients, can be muddy and slippery in places. Roads to cross. Stiles to cross on longer walk, with hills up and down. Beautiful scenery. Refreshments available at the village shop.

Led by Pat King

**Thursday,
1st June 2017**

Wild Card Walk 11:00am

Contact: Mick Smith - 07957 433096,
micksmith@aol.com
Facebook page: 'Newmarket Area Health
Walks'

Thursday 1st June 2017 Devil's Dyke

Meet at 6pm at July
Course access road,
off A1304. Parking at
the end of road at the
Devil's Dyke CB8 0TQ
**(Suffolk Walking
Festival)**

Grade 2 and 3/4

3 miles / 1 to 1.5 hours

Flat walk along the flat beside the dyke and July racecourse. Slightly uneven in places.
Grade: 3/4 For the more adventurous, moderate/steep gradients walking along the top of the Devils Dyke. Can be muddy and slippery in places. Refreshments and toilets at the end of this walk in the National Stud cafe building.

Led by Mick Smith

**Monday,
5th June 2017**

Weekly Gentle Walk around Newmarket Town

Grade 1–2

Led by Mick Smith. Phone 07957 433096 for details

1.8 miles max 45 mins

**Thursday,
8th June 2017**

Exning - NO DOGS

Meet at 11am in The Rosery Hotel car park. CB8 7EH

A combination of firm paths and grassy surfaces. Can be muddy/slippery in places. Roads to cross. Toilets and refreshments at the finish point. Parking in The Rosery car park.

Grade 3

Led by Pat King

3 miles / 60 to 90 mins

**Monday,
12th June 2017**

Weekly Gentle Walk around Newmarket Town

Grade 1–2

Led by Mick Smith. Phone 07957 433096 for details

1.8 miles max 45 mins

**Thursday,
15th June 2017**

Newmarket - Town and Around

Postcode: CB8 0EA

Meet at 11am in Newmarket Leisure Centre Reception. Gentle gradient and slightly uneven in places. Can be slippery in wet condition. Roads to cross. Toilets at the start and finish point. Refreshments at the finish point. Parking is free in Leisure Centre car park.

Grade 2

Approx. 2.1 miles,
60 – 90 mins

Led by Mick Smith

**Monday,
19th June 2017**

Weekly Gentle Walk around Newmarket Town

Grade 1–2

Led by Mick Smith.

1.8 miles max 45 mins

Phone 07957 433096 for details

**Thursday,
22nd June 2017**

Mildenhall Woods

Postcode: IP28 7HS

Meet at 11am at the Half Moon pub. Some uneven ground. Can be muddy/slippery due to leaves wet conditions. Roads to cross. Refreshments/toilets at the finish point. Parking: In pub car park.

Grade 2/3

3 miles / 60 –90 mins.

Led by Mick Smith

**Monday,
26th June 2017**

Phone Mick Smith on 07957 433096 for details

Weekly Gentle Walk around Newmarket Town

Grade 1–2

Led by Mick Smith

1.8 miles

Borough of St Edmundsbury

**Monday,
6th March 2017**

**Going strong! Get Walking Mondays! Nowton
Park Bury St. Edmunds**

Postcode: IP29 5LE

Meet at 10am for 10.15am start at Nowton Park Car Park. Toilets/disabled toilets, cafe and parking (£1 fee for 2 hours). Buses available to nearby but not to site.

Option Grade 1
50 to 60 minutes

Option Grade 3 to 4
Longer walk 75 to 90
mins

Option of Two Walks. You may be an absolute beginner, in poor health or recovering from poor health but we are here to help you improve your health at your own pace. Whether it's 50 minutes or 50 yards, we will help you along with fresh air and good company. Longer walk goes around Nowton Park taking in all the flora and wildlife.

Led by Bury Walks Leaders

**Tuesday,
7th March 2017**

Nowton Park to High Green

Postcode: IP29 5LE

Meet at 10.15am for a 10.30am start at Nowton Park car park. A circular walk via High Green. Steady inclines, bridle paths may be muddy after rain. Parking £1/£2. Toilets/refreshments available.

Grade: 5 (3 stiles)

Approx. 90 mins

Led by Bury Walks Leaders

**Monday,
13th March 2017**

**Going strong! Get Walking Mondays! Nowton
Park Bury St. Edmunds**

Nowton Park Car Park
IP29 5LE

30

**Wednesday,
15th March 2017**

Walk around Bradfield St George

Postcode: IP30 0AS

Meet 10.15am for a 10.30am start at the Village Hall, Walking on field edge, footpaths and quiet lanes, through trees and across fields to the lovely Hollybush Lane. No facilities but Felsham and Rushbrooke Arms close. There is a telephone box book swap so bring your swaps.

Grade 2

Approx. 90 mins

Led by William and Monique Wilson

**Monday,
20th March 2017**

**Going strong! Get Walking Mondays!
Nowton Park Bury St. Edmunds**

Nowton Park Car Park
IP29 5LE

Third Anniversary Picnic Walk

**Monday 20th March
2017**

**NEW Lunchtime Walk from St Edmundsbury
Borough Council**

Meet at 12.30pm at
SEBC reception IP33
3DT

A brisk walk around the local area, and nature reserve to engage with those people who work in their lunch break

Level 2, 45 mins

Led by Debbie Maynard/Bury Walk Leaders

**Thursday,
23rd March 2017**

Lucy Wood and Kirtling Tower - NO DOGS

Postcode: CB8 9PA

Meet at 11am at Kirtling Village Hall. The walk goes around the perimeter of Lucy Wood then skirts the grounds of Kirtling Towers. Toilets are available in the church, two thirds of the way round. Refreshments in the Red Lion further up the high street.

Grade 4.

Approx. 90 mins

Led by Bury Walks Leaders

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**Friday,
24th March 2017**

Bury BUS WALK - Lackford SWT Reserve - NO DOGS

Postcode: IP33 1TZ

Grade 2

Approx 90 mins

Meet at Bury Bus Station at 9.40 am to catch No 16 bus at 9.50 am to Lackford (or board on route, no 16 to Mildenhall). We will walk from Lackford village via the church & then around the Suffolk Wildlife Trust reserve with its extensive lakes & woodlands. There will be time to look in the bird hides and for refreshments in the Visitor Centre before walking back to the village to catch the 12.32 bus back. Fare approx. £3 or bus pass. Toilets/refreshments at Visitor Centre.

Led by Bury Walks Leaders

**Monday,
27th March 2017 &
Monday, 3rd April
2017**

Going strong! Get Walking Mondays! Nowton Park Bury St. Edmunds

Meet at Nowton Park Car Park

Postcode: IP29 5LE

**Tuesday,
4th April 2017**

Bury Bus Walk - Stanningfield - NO DOGS

Postcode: IP33 1TZ

Grade 3

Approx 90 mins

Meet at 9.55am at Bury Bus Station to catch the 10.04am bus to Hoggard's Green (or board on route, no 753 to Sudbury). Walk along minor roads & tarmac paths to the grounds of Coldham Hall, an imposing Tudor mansion, then partially retrace our steps past Rookwood Hall, and cross fields to Stanningfield. A short section of bridleway is always very wet and boggy so please wear suitable footwear. Fare approx. £3 or bus pass. Bus returns to Bury at 16 mins past each hour. Toilets and refreshments at Red House Pub, opens 12:00pm.

Led by Bury Walks Leaders

**Monday,
10th April 2017**

Going strong! Get Walking Mondays!

Nowton Park Car Park
IP29 5LE

Nowton Park Bury St. Edmunds

**Wednesday,
12th April 2017**

Bulls Wood from Cockfield Great Green

Postcode: IP30 0HJ

Grade 2.

Approx 90 mins

Meet 10.15am for 10.30am start at the Pavilion on the Great Green. Park on the green between the pond and the pub.

This lovely walk visits 3 of the Greens in Cockfield and the ancient wood to hopefully see the Oxlips and other woodland flowers. Quiet lanes, field edge paths, road footpaths and sleeper bridges. No facilities.

Led by William and Monique Wilson

**Monday,
17th April 2017
(Easter)**

**Going strong! Get Walking Mondays!
Nowton Park Bury St. Edmunds**

Nowton Park Car Park
IP29 5LE

Led by Bury Walks Leaders.

**Tuesday 18th April
2017**

Postcode: IP33 3TT

Grade 1 / 30 mins

Bury St Edmunds – Beginners Walk - WEEKLY

Meet at 10.15am for a 10.30am start meet at the Abbeycroft Leisure, Bury St Edmunds.

New walk run by Bury St Edmunds Leisure staff to get people enjoying walking. A beginner's walks on paved area walking down around the leisure centre and paved areas at a pace suitable for new walkers

Led by Bury Leisure Staff Walk Leaders

**Thursday,
20th April 2017**

Village Hall Postcode:
CB8 8XR/Map Ref:
745555

Grade 4/5

Approx 90 mins

Wickhambrook

Meet for 11:00am start at Wickhambrook Village Hall. This route makes use of tracks, green lanes and minor roads to follow undulations overlooking the village. 2 or 3 stiles depending on final choice. Toilets in village hall; refreshments at local pub, The Greyhound.

Led by Bury Walks Leaders.

**Monday,
24th April 2017**

Nowton Park Car Park
IP29 5LE

**Going strong! Get Walking Mondays! Nowton
Park Bury St. Edmunds**

**Tuesday,
25th April 2017**

Postcode: IP33 1LS

Grade 3/4

Approx 90 mins

Bury Water Meadows and Graveyards

Meet at 10.15am for a 10.30am start at the Abbeygate (entrance to Abbey Gardens), A circular walk of the town which takes us through both the Great Churchyard at St Mary's and the newer Victorian cemetery in Kings Road, via the town's water meadows. Mostly town pavements, but may be muddy when wet, some ascents and descents, roads to cross. Public car parks nearby. Toilets and refreshments at start/end of walk.

Led by Bury Walks Leaders

**Monday,
1st May 2017**

Nowton Park Car Park
IP29 5LE

**Going strong! Get Walking Mondays! Nowton
Park Bury St. Edmunds**

**Friday,
5th May 2017**

Grade 3-4.

Approx 90 mins

Great Livermere

Meet at 10:15am for a 10:30am start at the War Memorial at the junction in the centre of Great Livermere. Park on the verge on the 'no through road' leading to the church. Varied walk through fields, woodlands and crossing Ampton Water via narrow bridge with safety rails. Binoculars recommended - variety of birds on the mere. No toilets.

Led by Bury Walks Leaders

Monday 8th May 2017 **Going strong! Get Walking Mondays! Nowton Park Bury St. Edmunds**
Nowton Park Car Park
IP29 5LE

**Wednesday,
10th May 2017**

Barrow - NEW WALK

Postcode: IP29 5AP

Grade 4 - 5.

Approx 75-90 mins

Meet at 10:15am for a 10:30am start in the public car park by the shops in the centre of the village. A walk through Burthorpe Green and round the trout lakes with fine views towards Kings Forest. A mixture of road and field walking with a chance of seeing the apple orchards in flower. Can be muddy if wet. Free parking, on public transport route. Refreshments/toilets available at The Udder Room or The Three Horseshoes after the walk.

Led by Bury Walks Leaders

Monday, 15th May 2017 **Going strong! Get Walking Mondays! Nowton Park Bury St. Edmunds**

Nowton Park Car Park
IP29 5LE

**Thursday,
18th May 2017**

**Devil's Dyke, Newmarket –
Searching for the Pasque Flower**

Postcode: CB8 0TQ

Grade 4.

Approx 90 mins.

Meet at 11am. Take the National Stud turning off the roundabout on A1304 south west of Newmarket Park at the end of the road at Devils Dyke.. The walk will be along the top of the Dyke away from the July race course and towards Stetchworth. The Dyke is one of the few places locally where the Pasque Flower grows and the timing should be right. Several gentle ascents and descents. Refreshments toilets at the National Stud.

Led by Bury Walks Leaders

**Monday,
22nd May 2017**

**Going strong! Get Walking Mondays!
Nowton Park Bury St. Edmunds**

Nowton Park Car Park
IP29 5LE

**Tuesday,
23rd May 2017**

Bury BUS WALK - Horringer to Bury St Edmunds

Postcode: IP33 1TZ

Grade 3-4.

Meet at 10.00am at Bury bus station to catch 10.15am bus to Horringer (or catch on route, No 15 to Haverhill)

Walk back to Bury via the Hopleys, Horsecroft and Hardwick Heath. Regular buses to bus station from West Suffolk Hospital or continue walk to Abbey Gardens. Toilets at bus station, Hardwick Heath and Abbey Gardens. 3.8 miles to Abbey Gardens.

Led by Bury Walks Leaders.

**Thursday,
25th May 2017**

Nowton Park

Postcode: IP29 5LE
**Suffolk Walking
Festival**

Grade 2/3

Approx 1.5/2 miles
75/90 mins

Meet 6pm for 6.15pm walk at Nowton Park Car Park. This is a perimeter walk inside the park including most of the footpaths through the extensive woodlands. Can be muddy after heavy rain. Stops will be made to view both natural and manmade features of the park. Refreshments and toilets available.

Led by Debbie Maynard

**Monday,
29th May 2017**

**Going strong! Get Walking Mondays!
Nowton Park Bury St. Edmunds**

Nowton Park Car Park
IP29 5LE

**Tuesday,
30th May 2017**

Nowton Park & Hardwick Heath - NEW WALK

Postcode: IP29 5LE

Grade 3.

Approx 90 mins

Meet at 6.45pm for 7pm start at Nowton Park car park. A circular walk along bridle paths to Hardwick Heath and return. Children welcome (accompanied by an adult), Parking £1/£2. Toilets.

Led by Bury Walks Leaders.

**Monday,
5th June 2017**

Going strong! Get Walking Mondays! Nowton Park Bury St. Edmunds

Nowton Park Car Park
IP29 5LE

**Tuesday,
6th June 2017**

Bury Bus Walk Thurston to Bury St Edmunds

Post code: IP33 1TZ

Grade 2-3.

Approx 90 mins

Meet at 10.15am at Bury Bus Station to catch the 10.25am (service 384 - please check times as may change in April). Bus is normally a single decker and bus passes are accepted.

Walk starts at Thurston Post Office and is a combination of cycle tracks and footpaths. Two busy roads to cross. Walk ends at Abbey Gardens. Toilets both at Bus Station and Abbey Gardens.

Led by Bury Walks Leaders.

**Monday,
12th June 2017**

Going strong! Get Walking Mondays! Nowton Park Bury St. Edmunds

Nowton Park Car Park
IP29 5LE

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**Wednesday,
14th June 2015**

Ickworth Park Walk - NEW WALK

Grade 3/4

Approx 3 miles / 90 mins

Meet at 10am for a 10.15am start at the Ickworth House Car Park Admission (Free for all Health Walkers). With its history traced back to Domesday, Ickworth park has quite a story to tell. Walk with us around this beautiful parkland.

Led by Bury Walk Leaders

**Thursday,
15th June 2017**

West Stow Country Park – Walking through Foxgloves.

Postcode: IP28 6HG

Grade 3.

Approx 90 mins

Meet for a 11.00am start in the car park (£2 charge for those without a permit.) A circuit walk alongside the River Lark heading into the forest overlooking Lackford Lakes nature reserve. Foxgloves of different colours if we've got the timing right. Toilets on site and followed by lunchtime picnic.

Led by Bury Walk Leaders

Friday, 16th June 2017 Pakenham Church - NEW WALK

Postcode: IP31 2LN

Grade 3

Approx 90 mins

Meet in large car park at the rear of the Church at 10:15am for a 10:30am start. Walking across fields, around and through Pakenham Wood to Packway Lane, short stretch on road and then on field edge paths back to Church. Facilities at Fox Public House and toilet in Church – when open.

Led by William and Monique Wilson

**Monday, 19th June
2017**

Going strong! Get Walking Mondays! Nowton Park Bury St. Edmunds

Nowton Park Car Park
IP29 5LU

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**Wednesday,
21st June 2017**

**NEW EVENING WALK - Abbey Gardens and
Hardwick Heath**

Postcode: IP33 1LS

Meet 6.45pm for 7:00pm start at the Abbeygate (entrance to Abbey Gardens). To celebrate the **Summer Solstice**. Circular walk through the town up to Hardwick Heath and return.

Grade 3.

Toilets/refreshments available throughout the town. Parking nearby.
Led by Bury Walks Leaders

Approx 90 mins

**Friday,
23rd June 2017**

Bus Walk - Great Livermere to Ingham

Postcode: IP33 1TZ

Meet at 10:05am at Bury Bus Station to catch 10.15am bus to Great Livermere (or board no 332 to Thetford). Walk to Ingham, with a diversion to Ampton Water. Fares approx. £4 or bus pass. Bus returns to Bury at 20 and 35 mins past each hour. Toilets & refreshments at Cadogan Arms.

Grade 3.

Led by Bury Walks Leaders.

Approx 3 miles / 75-90 mins

Monday, 26th June 2017 **Going strong! Get Walking Mondays! Nowton Park Bury St. Edmunds**

Nowton Park Car Park
IP29 5LU

Tuesday 27th June 2017 **Bus Walk – Newmarket, Home of Horseracing**

Postcode: IP33 1TZ

Meet at 10.25 at Bury Bus Station to catch the 10.35 number 11 bus to Newmarket where the walk will start. A town walk taking in many of the sights associated with horseracing, using town streets and surfaced horse ways. Some ascents and descents, and roads to cross. Toilets en route. Refreshments available in Newmarket town. Buses return to Bury from the Guineas Bus Station at 30 minutes past the hour. Bus pass or return fare approx £6.40.

Grade 3

Approx 90 mins

Borough of Haverhill

**Thursday,
2nd March 2017**

Haverhill - Railway Walk East

Postcode: CB9 0ER

Meet 10.45am at the Leisure Centre for an 11.00 am start. Walking from the Centre we walk along the disused railway line to East Town Country Park, around the park and back to the Leisure Centre.

Grade 2

Approx 1 hr

Refreshments & toilets available at the Leisure Centre.

Led by Jim Foster, Lynne Thomas, Lian Watkin

**Thursday,
9th March 2017**

Great Wrattling to Water Tower

Postcode: CB9 7AH

Meet 10.45 am at Karro's Car Park for an 11.00 start. We walk through the village, via Moor Pasture Way and up the hill to the water tower and back via Gt. Wrattling Church. Refreshments and toilets available at Red Lion PH.

Grade 3

Approx 1 hr

Led by David Payne, Peter and Beryl Wilkens

**Thursday,
16th March 2017**

Haverhill – Newt Pond

Postcode: CB9 7LY

Meet 10.45 am at Sainsbury's Car Park for an 11.00 am start. Walk through the Chimswell Estate to the Newt Pond and return via playing fields and Hanchett End.

Grade 2

Approx 1 hr

Refreshments and toilets available at Sainsbury's Cafe.

Led by Vivienne Gould, David Payne

**Thursday,
23rd March 2017**

Balsham

Postcode: CB21 4DJ

Grade 2

Approx 1 hr

Meet 10.45 am at the Black Bull PH for an 11.00am start. This is a circular route round the village on roads and grassy paths, including part of the Icknield Way. There is a short cut available. Refreshments and toilets available at the Black Bull PH.

Led by Maura Green, David and Jean Boxall

**Thursday,
30th March 2017**

Haverhill - Railway Walk via Sturmer

Postcode: CB9 7UR

Grade 2

Approx 1 hr

Meet 10.45 am at East Town Park car park for an 11.00 am start. We walk up on to the Railway Line and on to Sturmer, turn into Water Lane for 200 yds and take the footpath on the left back through the Golf Club grounds. Refreshments and toilets available at East Town Park

Led by Beryl and Peter Wilkens, Lian Watkin

**Thursday,
6th April 2017**

Linton

Postcode: CB21 4JS

Grade 3

Approx. 1-1.25 hrs

Meet 10.45 am at Village Hall for 11.00 am start. Car share if possible and park in village car park or along Coles Lane. This circular walk is mainly flat and level but does include some rough and possibly muddy tracks. Provision will be made for those who wish to take a shorter route. Toilets at village hall. Refreshments at the Dog & Duck, book in advance.

Led by Jim and Wendy Foster, Lynne Thomas

**Thursday,
13th April 2017**

Haverhill – Beginners Walk WEEKLY

Postcode: CB9 0ER

Grade 1

30 mins

Meet 13.45pm at the Haverhill Leisure Centre for a 14.00pm start. New walk run by Haverhill Leisure staff to get people enjoying walking. A beginners walks on paved area walking down the railway pathways at a pace suitable for new walkers.

Led by Haverhill Leisure Staff Walk Leaders

**Thursday,
13th April 2017**

Haverhill – Puddlebrook

Postcode: CB9 8LU

Grade 3

Approx 1 hr

Meet 10.45 am at Clements Surgery for 11.00 am start. Do not park at surgery. Walk across the playing field, carefully cross the by-pass and take footpath to Ladygate Wood, walk through the wood and return. Refreshments, courtesy of Joan Key and toilets available at the Leiston Centre. All proceeds from refreshments will go to St. Nicholas Hospice, Bury St Edmunds.

Led by Vivienne Gould, David Payne

**Thursday,
20th April 2017**

Stambourne - NO DOGS

Postcode: CO9 4NR

Grade 4

Approx 1-1.25 hrs

Meet 10.45 am at Recreation Ground next to Church for 11.00 am start. Taking the footpath behind the church we follow field paths in an anti-clockwise direction to Chapelend Way, before proceeding uphill towards Stambourne Grange. Refreshments/toilets available at White Horse, PH,Ridgewell.

Led by David and Jean Boxall

**Thursday,
27th April 2017**

Hidden Haverhill

Postcode: CB9 0ER

Meet 10.45 am at Leisure Centre for an 11.00 am start. We visit the cemetery, the site of the Anglo-Saxon Church of St Botolph, the remains of the last windmill in Haverhill and the Old Independent Church. A less steep variation would take us across the Recreation Ground to join up with the main walk at the Mill. Refreshments/toilets available at Leisure Centre

Grade 3

Approx 1 hr

Led by Jim Foster, David Payne

**Thursday,
4th May 2017**

Helions Bumpstead

Postcode: CB9 7AH

Meet 10.45 am at Village Hall for an 11.00 am start. Walk through the church yard and around the fields surrounding the village, including the old war time airfield. Refreshments and toilets available at Fox & Hounds PH, Steeple Bumpstead

Grade 4.

Approx 1hr to 1.25 hrs

Led by Peter and Beryl Wilkens

**Thursday,
11th May 2017**

Haverhill Flood Park

Postcode: CB9 7LY

Meet 10.45 am at Sainsbury's car park for an 11.00 am start. We cross the road at the mini round-about, walk up steps on to the flood park bank, turn right and walk round the back to the start. Refreshments and toilets available at Sainsbury's cafe.

Grade 2.

Approx 1 hr

Led by Lian Watkin, Vivienne Gould

Tuesday, 16th May 2017 East Town Park

Postcode: CB9 7UR

Meet 17.45pm for 18pm start at Coupals Road. A beautiful walk starting and finishing at East Town Country Park taking in the old railway line, Stour Valley footpath and surrounding countryside.

Suffolk Festival Walk

Grade 2

2 miles / 90 mins

Led by Peter and Beryl Wilkens

**Thursday,
18th May 2017**

Stoke-by-Clare

Postcode: CO10 8HP

Meet 10.45 am at The Lion PH for 11.00 am start. A slightly longer walk from Stoke-by-Clare along the river and uphill to Ashen, returning via quiet road and fields. Shorter 1 hr walk also available. Refreshments/toilets at The Lion PH

Grade 4.

Approx 1-1.5hrs

Led by Maura Green, Lynne Thomas, Lian Watkin

**Thursday,
25th May 2017**

Haverhill – Research Park

Postcode: CB9 7LY

Meet 10.45 am at Sainsbury's car park for 11.00 am start. We walk up to and around Research Park, down and around part of Flood Plain on other side of the road and back. Refreshments/toilets available at Sainsbury's car park. Led by David Payne, Jim Foster

Grade 2.

Approx 1 hr

Thursday, 1st June 2017 Ashen

Postcode: CO10 8JN

Meet 10.45 am at Village Hall for 11.00 am start. We hope to see the wild flower meadows and wild orchids in Rectory Grounds before walking uphill to see great views of the Stour Valley

Grade 5.

Approx 1 hr

Led by David and Anthea Payne

**Thursday,
8th June 2017**

Sturmer Arches

Postcode: CB9 0ER

Grade 2.

Approx 1 hr

Meet 10.45 am at Leisure Centre for 11.00 am start. We walk to the arches via disused railway footpath. After crossing over arches, we return via Croft Lane to Hamlet Road and back. Refreshments/toilets available at Leisure Centre.

Led by Lian Watkin, Vivienne Gould.

**Thursday,
15th June 2017**

Thurlow - NO DOGS

Postcode: CB9 7LA

Grade 3.

Approx 1-1.25 hrs

Meet 10.45 am at Recreation Ground car park for 11.00 am start. We walk through the village and on part of the Stour Valley footpath, via Lt. Bradley Church and Lt. Thurlow. Refreshments and toilets available at Red Lion, Gt Wratting. Led by David and Jean Boxall

**Thursday 22nd June
2017**

Haverhill Golf Course

Postcode: CB9 8UR

Grade 3.

Approx 1 hr

Meet 10.45 am at East Town Park for 11.00 am start. We take park footpaths onto disused railway line and then cross to Pope Mill Farm. Skirting the Golf Course, we head for Wilsey Woods retuning through Roman Way housing estate. Refreshments/toilets at East Town Park. Led by Lian Watkin, Jim Foster

**Thursday 29th June
2017**

Cowlinge

Postcode: CB8 9QD

Grade 3.

Approx 1 - 1.25 hrs

Meet 10.45 am at Three Ways PH for 11.00 am start A circular walk around the perimeter of the village on roads and footpaths, going via the Churchyard and past an ancient moated site. Refreshments/toilets available at Three Ways PH. Led by Beryl and Peter Wilkens

Sudbury Health Walks

**Thursday,
2nd March 2017**

Leavenheath - NEW WALK

Postcode: CO6 4PW

Grade 4/5

Approx. 1.5 hours

Meet at 11:00am for 11:15am start at the Hare and Hounds Pub on Harrow Street. A lovely walk around the local golf club lakes and holes. No toilets available

Led by Babergh Walk Leaders.

**Tuesday,
7th March 2017**

Sudbury Shorter Walks

Postcode: CO10 2SU

Grade 1 to 2

Approx 30 mins

Meet at 12:00pm at the Kingfisher Leisure Centre Sudbury. A gentle walk along the river stour and Old Railway Lane and Friars Meadow. Toilets and refreshments in the leisure centre.

Led by Babergh Walk Leaders.

**Thursday,
16th March 2017**

Brent Eleigh

Postcode: CO10 98P

Grade 4

Approx. 60 mins

Meet 11:15am for 11:30am start at the Cock Pub. A circular walk starting and finishing at the Cock Pub with parking and facilities available a lovely walk through the parish.

Led by Babergh Walk Leaders.

**Friday,
31st March 2017**

East Bergholt

Postcode: CO7 6T

Grade 5 (stiles)

Approx 1.5 hrs

Meet at 10:45am for 11:00am start in the public car park near the Red Lion East Bergholt. Lovely walk along footpaths in Dedham Vale, down to the banks of the River Stour, to Flatford. Some stiles. Toilets in car park. Refreshments in East Berholt.

Led by Daphne Turner/Rae Corrigan

**Tuesday,
4th April 2017**

Sudbury Shorter Walk

Postcode: CO10 2SU

Meet at 12:00pm at the Kingfisher Leisure Centre, Sudbury. A gentle walk along the River Stour, Old Railway Lane and Friars Meadow. Toilets and refreshments in the leisure centre.

Grade 1 to 2

Approx 30 mins

Led by Babergh Walk Leaders.

**Thursday,
13th April 2017**

Nayland

Postcode: CO6 4JH

Meet at 11:15am for 11:30am start at Nayland Village Hall. A walk through the village streets, up a steep hill, with meadow lands and river scenes.

Grade 5

Approx 60 mins

Led by Babergh Walk Leaders

**Wednesday,
19th April 2017**

Lavenham - NEW WALK

Postcode: CO10 9SA

Meet at 10.45am for an 11am start in the free car park by the Cock Horse Inn. A walk around the town and surrounding countryside. Lavenham is a beautiful old town, built on the Wool Trade. Why not visit the National Trust 16th Century Guildhall of Corpus Christi, owned and run by the National Trust. There are plenty of places to eat at the end of the walk, will investigate public toilets when I pre-walk the route. Dogs welcome on a short lead. Any questions 07954 684 752.

Grade 4

Approx 3 Miles / 1.5 hours

Led by Alison Monk

**Thursday,
27th April 2017**

Newton Green

Postcode: CO10 2AN

Meet at 11.15am for 11.30am start at Newton Village Hall. A circular walk around the village and golf club and lanes.

Grade 4

Approx 60 mins

Led by Babergh Walk Leaders

**Tuesday,
2nd May 2017**

Sudbury Shorter Walk

Postcode: CO10 2SU

Meet at 12.00pm at the Kingfisher Leisure Centre, Sudbury. A gentle walk along the River Stour, Old Railway Lane and Friars Meadow. Toilets and refreshments in the leisure centre.

Grade 1 to 2

Approx 30 mins

Led by Babergh Walk Leaders

**Thursday,
11th May 2017**

Hadleigh

Grade 4/5

Approx 60 mins

Meet at 11.15am for 11.30am start at Hadleigh Library. Parking in town car parks (free for 3 hours). A circular walk around this lovely market town taking in Castle Road and Broom Hill.

Led by Babergh Walk Leaders.

**Tuesday,
16th May 2017**

Sudbury Shorter Walk

Postcode: CO10 2SU

Meet at 12:00pm at the Kingfisher Leisure Centre, Sudbury. A gentle walk along the River Stour, Old Railway Lane and Friars Meadow. Toilets and refreshments in the leisure centre.

Grade 1 to 2

Approx 30 mins

Led by Babergh Walk Leaders.

**Thursday,
25th May 2017**

Long Melford

Postcode: CO10 9DX

Meet at 11:15am for 11:30am start at Long Melford Community Centre Old School. A circular walk around the meadows and Long Melford Church. Parking available (no toilets).

Grade 4/5

Approx 60 mins

Led by Babergh Walk Leaders.

**Tuesday,
30th May 2017**

Sudbury Shorter Walk

Postcode: CO10 2SU

Meet at 12:00pm at the Kingfisher Leisure Centre Sudbury. A gentle walk along the river stour and old railway lane and friars meadow Toilets and refreshments in the leisure centre.

Grade 1 to 2

Approx 30 mins

Led by Babergh Walk Leaders.

**Thursday,
8th June 2017**

Sudbury

Postcode: CO10 2SU

Meet at 11:15am for 11:30am start at the Kingfisher Leisure Centre (free parking 3 hours).

Grade 4/5

Approx 60 mins

A circular walk along the old railway and towards Brundon taking in the water meadows.

Led by Babergh Walk Leaders.

**Tuesday,
13th June 2017**

Sudbury Shorter Walk

Postcode: CO10 2SU

Meet at 12:00pm at the Kingfisher Leisure Centre Sudbury. A gentle walk along the River Stour, Old Railway Lane and Friars Meadow . Toilets and refreshments in the leisure centre.

Grade 1 to 2

Approx 30 mins

Led by Babergh Walk Leaders.

**Thursday
22nd June 2017**

Assington - NO DOGS

Postcode: CO10 5LW

Meet at 11:15am for 11:30am start at Assington Village Hall. A circular walk around fields and lanes.

Grade 4/5

Approx 60 mins

Led by Babergh Walk Leaders

**Tuesday,
27th June 2017**

Sudbury Shorter Walk

Postcode: CO10 2SU

Meet at 12:00pm at the Kingfisher Leisure Centre Sudbury. A gentle walk along the river stour and old railway lane and friars meadow Toilets and refreshments in the leisure centre.

Grade 1 to 2

Approx. 30 mins

Led by Babergh Walk Leaders.

Mid Suffolk Health Walks

**Wednesday,
1st March 2017**

Postcode: IP23 8HH

Grade 3

Approx. 3-3.5 miles / 1
hr 30 mins

Thornham Walks

Meet at 10:45am for an 11:00am start at the Thornham Walks in the overflow car park. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather, so sensible walking shoes are advisable. Toilets and tea rooms on site. Any questions 07954 684 752.

Led by Alison Monk and Beyond The Wall.

**Thursday,
16th March 2017**

Postcode: IP14 6QE

Grade 4

Approx 3 miles / 1.5
hours

Debenham - NEW WALK

Meet at 10:30am in the car park behind Coopersfield (Sheltered Housing). There is limited parking but plenty of places to park on the road outside. A walk around the lanes and footpaths of this charming Suffolk village. Refreshments afterwards at Vanilla Cafe. Alternatively, refreshments at The Woolpack. Toilets in Little Back Lane, up from the Co-Op.

Led by Alison Monk.

**Wednesday,
29th March 2017**

Postcode: IP21 5RA

Grade 3

Approx. 3 miles

Wingfield Castle Barns and Green

Meet 10:45am for 11:00am start at Wingfield Barns car park. Circular walk taking in the ancient castle and one of the biggest commons in Suffolk. Hopefully the pub will be open by the time we return.

Led by David Green/Jim Harrison.

**Wednesday,
5th April 2017**

Postcode: IP23 8HH

Grade 3

Approx. 3-3.5 miles / 1
hr 30 mins

Thornham Walks

Meet at 10:45am for an 11:00am start at the Thornham Walks in the overflow car park. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather, so sensible walking shoes are advisable. Toilets and tea rooms on site. Any questions 07954 684 752

Led by Alison Monk and Beyond The Wall.

**Friday, 14th April 2017 Combs Ford Stowmarket
(Good Friday)**

Postcode: IP14 2SY

Grade 5 (stiles)

Approx 75 mins

Meet at 10:30am in car park behind the Doctor's Surgery. This is a circular walk on roadside paths and field edges passing Comb's Church and Comb's Wood, walking back to car park in Comb's Ford. There are a couple of stiles and there may be cattle in this field. Refreshments and toilets available at end of walk in either The Magpie or The Gladstone Arms.

Led by Rae Corrigan/Daphne Turner.

**Monday,
24th April 2017**

Postcode: IP14 4SN

Grade 5 (stile)

Approx 1.5 hours

Wyverstone

Meet at 11:00am at the Village Hall in Wyverstone. An easy walk to the village of Westhorpe. The walk is on roadside pathways and field edges with 1 stile, bringing us back to village hall. Toilets and refreshments at end of walk in nearby Bacton.

Led by Rae Corrigan/Daphne Turner.

**Wednesday,
26th April 2017**

Bramford

Postcode: IP8 4AP

Grade 4

Approx 4 miles / 1.5hrs

Meet 10.45am for 11:00am start at the Bramford picnic site situated on Ship Lane. A circular walk around Bramford to Sproughton and back along the river Gipping. Mostly on good paths but it can be muddy in places beside the river. There are no stiles.

Led by Jim Harrison/David Green.

**Wednesday,
3rd May 2017**

Thornham Walks

Postcode: IP23 8HH

Grade 3

Approx 3-3.5 miles / 1 hr
30 mins

Meet at 10:45am for an 11:00am start at the Thornham Walks in the overflow car park. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather, so sensible walking shoes are advisable. Toilets and tea rooms on site.

Led by Alison Monk and Beyond The Wall

**Sunday,
7th May 2017**

Mid Suffolk Light Railway

Postcode: IP14 5PW

Grade 4

Approx. 3 miles / 1.5
hours

Meet at 2:00pm in the Museum car park. The Railway and Museum are just off the A140 at Wetheringsett. A walk almost exclusively on footpaths. Toilets and refreshments in the Museum. You could also book a ride on one of the trains.

Led by Alison Monk

**Wednesday,
17th May 2017**

Thornham Walk

Postcode: IP23 8HH

**(Suffolk Walking
Festival)**

Grade 3

Approx 3-3.5 miles / 1
hr 30 mins

Meet at 5.45pm for 6:00pm start at Thornham Estate in the overflow car park.

The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather, so sensible walking shoes are advisable.

Led by Alison Monk.

**Friday,
19th May 2017**

Haughley

Postcode: IP14 3NR
(Palmer's Bakery)

Grade 5 (stile)

1.5 hours

Meet at 11am near bakery, only roadside parking available so please park considerately. This is a circular walk, on roadside paths and field edges. Easy walking with a couple of stiles. Toilets and refreshments in King's Arms after the walk.

Led by Rae Corrigan and Daphne Turner

**Monday,
22nd May 2017**

Needham Lake Walk

Postcode: IP6 8NU
**(Suffolk Walking
Festival)**

Grade 2

Approx 1.5mile / 60
mins

Meet 6:00pm for 6.15pm. Access from B1078 Coddensham Road. An easy-going trail, Needham Lake is a popular countryside attraction centred round a flooded gravel pit. It lies either side of the River Gipping close to Needham Market. The Lake is home to a variety of wildlife.

Led by Jim Harrison.

**Wednesday,
24th May 2017**

Wickham Skeith

Postcode: IP23 8LX
**(Suffolk Walking
Festival)**

Grade 3

Approx 3-miles / 1 hr 30
mins

Meet at 6pm in the Wickham Skeith Village Hall car park. This will enable us to use other paths on the Thornham Estate. The walk will take you through a variety of beautiful habitats, which include woodland, parkland and farmland. The walk will be on grass paths, which can get soft after wet weather, so sensible walking shoes are advisable.

Led by Alison Monk

**Wednesday,
31st May 2017**

Eye

Postcode: IP23 7AJ

Grade 3

Approx 3 miles

Meet 10.45am for 11am start at the Eye Community Centre. A circular walk around the outskirts of this ancient town with medieval buildings.

Led by David Green and Jim Harrison.

**Wednesday,
7th June 2017**

Thornham Walks at Wickham Skeith

Postcode: IP23 8LX

Grade 3/4

Approx 3-3.5 miles / 1 hr
30 mins

Meet at 10:45 for an 11am start in the Wickham Skeith Village Hall car park. This walk will be substantially different to the one in May. Walk through the historical Thornham Estate taking in beautiful woodland, parkland and farmland. The walk will be on grass paths so sensible walking shoes advisable. Toilets and tea rooms on the main Thornham Walks site.

Led by Alison Monk and Beyond The Wall.

**Friday,
23rd June 2017**

Great Finborough

Postcode: IP14 3AT
(Chesnut Horse)

Grade 5 (stile)

Approx 1.5 hrs

Meet at 10.30 am in public car park, on the left past Chestnut Horse coming from Stowmarket. This is a country walk through farmland by the River Rat, it also takes us through Stowmarket Golf Club before returning to Great Finborough. There are 2 stiles and a busy road to negotiate. Toilets and refreshments at the end of the walk in Chestnut Horse or Shepherd and Dog Onehouse.

Led by Rae Corrigan and Daphne Turner

**Sunday,
25th June 2017**

**USA 95th Bomb Group Hospital Museum -
NEW WALK**

Postcode: IP21 5DG

Grade 4

Approx 3 miles / 1.5
hours

Meet at 2pm in the Museum Car Park in the village of Denham. A walk around footpaths and quiet country lanes. Refreshments and toilets afterwards inside the museum. I've not been yet but have been told that the size of the hypodermic syringes is eye-watering! Dogs welcome on a short lead. Any questions 07954 684 752.

Led by Alison Monk

**Wednesday,
28th June 2017**

Debenham - NO DOGS

Postcode: IP14 6QE

Grade 4

Approx 3.5 miles

Meet 10.45am for 11am start in the car park, adjacent to the play area off Cemetery Drive which is reached from the Aspall road. A circular walk on various paths some of which can be muddy in places.

Led by Jim Harrison/David Green.

Ipswich Health Walks

Mondays
March 6th & 20th
April 3rd & 17th
May 15th
June 12th & 26th

Postcode: IP4 1QJ

Grade 3

Approx 60 mins

Ipswich Waterfront & Holywells Park

Meet at 11am at the UCS Sculpture on the Waterfront, for a walk along the Waterfront and Holywells Park. Walking on pavements and paths, with some slight inclines. Toilets & refreshments available in the Park and on Waterfront. Nearest car park is in Duke St. Bus No 1 & 6 run from the bus station to the UCS. Come along to meet and make new friends, all ages welcome, just turn up on. A regular walk on alternate Mondays (omitting Bank Holidays)

Led by Doreen Chapman

Mondays
March 13th & 27th
April 10th & 24th
May 8th & 22nd
June 5th & 19th

Postcode: IP4 2BG

Grade 3

Approx. 60 mins.

Christchurch Park walk

Meet at 11.00am at the main gates at Soane Street entrance, for a walk around this fabulous park. Come and join this growing group of walkers every other Monday, meet and make new friends, all ages welcome, just turn up on the day. Toilets available around the park.

Led by ActiveLives

Friday, 3rd March

Postcode: IP3 0DH

Grade 3

Approx 1.25 hours

Pipers Vale, Ipswich

(Baumer factory –at junction of Landseer Road and Sandyhill Lane)
Meet 10.30 at Pipers Vale Car Park at far end of Sandyhill Lane, about $\frac{3}{4}$ of a mile from Landseer Road. The walk is through the Ipswich end of the Orwell Country Park. We walk along grassy paths through heathland and along the river Orwell with views of bridge and across the river. Some slopes and uneven ground.

Led by Daphne Turner and Christine Miles

Wednesday, 8th March Martlesham Creek

Postcode: IP5 3RU

Grade 4

Approx. 3 miles/ 1.5 hours

Meet 10.30 at rear of Martlesham Community centre (next to Tescos) Parking in Martlesham picnic area opposite community centre or Tesco car park (free for up to 3 hours). Bus route 66 from Ipswich. Stroll through woods to Martlesham Creek with views towards Woodbridge. Toilets/refreshments at Tesco

Led by Lyn & Graham Parker

Wednesday, 8th March Sutton Hoo

Postcode: IP12 3DL

Grade 5

Approx. 90 mins

Meet for 10.30a.m. start in car park off B1083. From Woodbridge, take the B1083. After Sutton Hoo entrance, road forks left signed to Hollesley and Sutton Heath. Turn left and immediately left again onto a track in front of decorative metalwork. Continue on track to a small parking area (second area 250 yards further). A walk with great views of the Deben and Woodbridge. Some steep steps and riverside path might be muddy.

Monday 20th March 2017 **NEW Lunchtime Walk from Suffolk County Council Endeavor House**

Meet at 12.30pm at Suffolk County Council Endeavor House A brisk walk around the local area, and nature reserve to engage with those people who work in their lunch break

Level 2 Led by OneLife Suffolk

Approx 45 mins

Tuesday 21st March **Kesgrave Tesco to Rushmere**

Postcode: IP5 2FU Meet 10.30 at Kesgrave Tesco Ropes Drive. Parking in Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich. A stroll across fields to Rushmere duck pond/toilets and refreshments available at Tesco or the Cafe 66 in the Scout HQ before and after

Grade 4

Approx. 3 miles / 1.5 hours

Led by Lyn and Graham Parker

Wednesday 12th April **Stour Wood, Wrabness**

Postcode: CO12 5ND (approx.) Meet for 10.30 a.m. start in car park of Stour Wood., on the B1352 road between Wrabness and Ramsey. There is a brown sign to the car park. One route is via the A137 then take the winding B1352 through Manningtree for about 7 miles. Walk through Stour Wood and if we are lucky see a carpet of wood anemones. Views of the Stour then walk past Grayson Perry's interesting house.

Grade 5

Approx. 90 mins

Led by Cynthia Glinos and Helen Howe

Wednesday, 26th April **Newbourne to Hemley Church**

Post Code: IP12 4NY Meet 10.30am at Newbourne Fox parking in pub
Map Ref : GR 274432 car park or village hall. A stroll along the board walk through the willows to Hemley Church and Kirton Creek/ toilets and refreshments available at the Fox pub before and after.

Grade 4

Approx. 3miles/ 1.5 hours

Led by Lyn & Graham Parker

Friday, 5th May

Bentley

Postcode: IP9 2DW

Meet at 10.45am at Bentley Village Hall. Car parking usually available there or on nearby residential roads. Bus (Carters 94) from Ipswich Old Cattle Market at 10.01am. Pretty circular walk through Dodnash and Holly woods and footpaths around the village. Well established walk with wide paths, tracks and a variety of countryside. Beautiful display of bluebells, depending on spring weather. 4 stiles. Refreshments at The Case is Altered (community pub) in Bentley

Grade 5 (stiles)

Approx. 1½ hours

Led by Daphne Turner and Rae Corrigan

Sunday, 7th May

Around Chantry Library

Postcode: IP2 0QY

Meet at 1.30pm in the library in Hawthorn Drive Ipswich for gentle walk to Spring Wood nature reserve. Return to library for homemade cakes and tea/coffee and look at our books for sale. Bus no.13 from Tower Ramparts runs three times an hour on a Sunday and stops outside the library. Optional quiz for accompanied children. Part of a series of regular walks of different lengths on first Sunday of the month. Led by Cathy Gale

Grade 3

Approx 90 mins / 3 miles

**Tuesday,
9th May**

Kesgrave Tesco to Foxhall

Post Code: IP5 2FU

Grade 4

Approx. 3.7 miles/ 1.5
hours

Meet 10.30 at Kesgrave Tesco Ropes Drive. Parking in Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich. A stroll through pine woods to Foxhall and back past the Nuffield Hospital/toilets and refreshments available at Tesco or the Cafe 66 in the Scout HQ before and after

Led by Lyn & Graham Parker

**Wednesday,
10th May**

Tattingstone to Bentley Manor

Post code: IP9 2NH
(approx.)

Grade 5

Approx. 90 mins

Meet for 10.30 a.m. start in the Lemons Hill North car park by Alton Water. Turn off the A137 into Tattingstone village. Car park is by the Lemons Hill Bridge over the reservoir. Walk by part of Alton Water and round Bentley Manor with the chance of seeing bluebells.

Led by Cynthia Glinos and Helen Howe

**Wednesday,
24th May**

Martlesham Heath and Fynn Valley

Post Code: IP5 3RU

Grade 4

Approx. 3miles/ 1.5
hours

Meet 10.30 at rear of Martlesham Community centre (next to Tesco) Parking in Martlesham picnic area opposite the community centre or Tesco car park which is free for up to 3 hours. Bus route 66 from Ipswich. A stroll across the heath and down to a lovely stream which flows into the Fynn River/ toilets and refreshments available at Tesco before and after

Led by Lyn & Graham Parker

**Monday,
12th June**

Postcode: IP10 0JP
(nearest)

Grade 3

Approx. 1½ hours

Bridge Wood, Orwell Country Park

Meet at Bridge Wood Car Park at 10:30am. This is a walk with varied views throughout the Country Park. We visit both Bridge wood and Braziers wood and walk along the banks of the Orwell. We will have many splendid views across the river. One long, but gentle incline. No refreshment or toilets.

Led by Daphne Turner and Rae Corrigan

**Wednesday,
14th June**

Post code: IP6 9NX
(approx.)

Grade 5

Approx. 90 mins

Otley

Meet for 10:30am. start in Otley Village Hall car park. From the main road from Ipswich, turn right into Chapel Road. The village hall is on left immediately after the school. Walk alongside The Gull and through Gull Farm.

Led by Cynthia Glinos and Helen Howe

**Sunday,
2nd July**

Postcode: IP2 0QY

Grade 3

Approx 90 mins / 3
miles

Around Chantry Library

Meet at 1.30pm in the library in Hawthorn Drive, Ipswich for a gentle walk around Chantry Park, including a visit to the Walled Garden. Return to the library for cakes and tea/coffee and look at the books for sale. Bus number 13 from Tower Ramparts runs three times an hour on a Sunday and stops outside the library. Optional quiz for accompanied children. This is part of a series of regular walks of different lengths on the first Sunday of the month.

Led by Cathy Gale

Woodbridge Health Walks

Friday
March 3rd/17th/31st
April 14th/28th
May 19th
June 9th/23rd

Framfield Health Centre, Woodbridge

Walks take place every 2nd Friday of the month at 10:15 am for 10:30 am start outside the Health Centre, Ipswich Road, Woodbridge. Please start at the top of the car park away from Notcutts entrance. Varied routes, mostly on hard surfaces. Toilets available at the Health Centre and Notcutts Cafe. Refreshments available at the café after the walk. Bus stop opposite Notcutts main road entrance.

Led by the Woodbridge Walk Leaders

Postcode: IP12 4FD

Grade 2-3

Approx. 60-75 mins

Monday,
6th March

Wickham Market

Meet at 2:00pm on The Hill outside Cafe 46 for a walk round Wickham Market and the surrounding area. Walk will vary in length and time dependant on the walkers. Shortest time is 30 minutes and longest 90 minutes.

Car parking free for 1hr or £1 for 2hrs. Please use a parking ticket even if accessing free parking. £80 fine if you park around the Village Hall car park. Bus 64 from Aldeburgh arrives 1.45pm Other northbound services from Ipswich sketchy, use CATS service from Fram but note one weeks' notice required. Refreshments from Teapots

Led by Isabel Smith & Wickham leaders.
Info 07970 937899

Postcode: IP13 0QX

Map Ref: TM302559

Grade 1,3+5 (split groups)

Approx: 35-90 mins

Friday, 10th March

Iken Cliff Car Park

Post Code: IP12 2EN

Map Ref: TM399561

Grade 5

Approx 90 mins

Travelling south pass Snape Maltings turn left for Orford and at the first cross roads turn left Iken Cliff Car park LH 500 yds.

Travelling North take the Snape road from Tunstall travel 3 miles on B1069 past the livery yard another half mile turn RH for Iken. Straight over the cross roads and the Car park is on the left off the road.

Meet at 10am in the Car Park. A walk round the Sandlings trail with views over the Alde Estuary. Route can alter if there are high tidal surges. No Loos. Refreshments Snape Maltings

Led by Isabel Smith & Wickham leaders.
Info 07970 937899

Monday,
20th March

Wickham Market

Post Code: IP13 0QX
Map Ref: TM302559

Grade 1,3+5 (split groups)

Approx: 35-90 mins

Meet at 2pm on The Hill outside Cafe 46 for a walk round Wickham Market and its surroundings. This will vary in length and time dependant on the walkers. The shortest time is 30 minutes and the longest 90minutes. Support given for those returning to health to others planning short or long sponsored walking events. All car parks now on a meter. Please put a ticket on your car even if accessing a free hour or £1 for 2hrs. Please use a parking ticket even if accessing free parking. £80 fine if you park around the Village Hall car park. Bus 64 from Aldeburgh arrives 1.45pm Other northbound services from Ipswich sketchy, use CATS service from Fram but note one weeks' notice re-quired. Refreshments from Teapots

**Tuesday,
28th March**

Post Code: IP12 3LR

Map Ref: TM387475

Grade 5

Approx 90 mins

Banters Barn Boyton - NO DOGS

Meet at 11:00am. Take the A1152 from the A12 towards Melton. Pass over the lights, past the station and right at the mini roundabout. Go past Sutton Hoo and take the first left towards Hollesley. Travel past Sutton Heath and take the first left at the fork, and then the left again. At the crossroads go straight over the crossroads through Boyton village and turn right at the first 90left hand bend, the barn is half a mile down the lane.

A walk on the RSPB reserve, listening to waders and the odd Heron and Barn Owl. Passing the old Anglo Saxon Burrow Hill and the Butley Foot Ferry.

Info 07970 937899

**Friday,
7th April**

Post Code: IP12 3LR

Map Ref: TM369494

Grade 5

Approx 90 mins

Capel St Andrew

Meet at 11:00am on the Butley Clumps road. Take the A1152 from the A12 towards Melton. Pass over the lights, past the station and right at the mini roundabout, take left, continuing the A1152 until the split with the Orford road B1084 at Little Hill in Bromeswell. Go straight on for 4 miles taking the Left-Hand Clumps road just after the turning for FC Tangham site.

This is a hauntingly beautiful walk around the Anglo-Saxon Burrow Hill. See gambol-ling lambs and possibly the end of the daffodils or beginnings of the Bluebells around Butley Abbey.

Led by Isabel Smith & Wickham Leaders
Info 07970 937899

**Monday,
10th April**

Postcode: IP13 0QX
Map Ref: TM302559

Grade 1,3+5 (split groups)

Approx: 35-90 mins

Wickham Market

Meet at 2:00pm on The Hill outside Cafe 46 for a walk round Wickham Market and the surrounding area. Walk will vary dependant on the walkers. Shortest time is 30 minutes and longest 90 minutes. Car parking free for 1h, please use a parking ticket even if accessing free parking. Bus 64 from Aldeburgh arrives 1.45pm Other northbound services from Ipswich sketchy, use CATS service from Fram but note one weeks' notice required. Refreshments from Teapots. Led by Isabel Smith & Wickham Leaders.
Info 07970 937899

Friday 21st April

Postcode: IP17 3AQ

Map Ref: 395690

Grade 5

Approx 90 mins

Yoxford

Meet at 11am by the St Peter's church in the main street. A walk over farmland & past a famous Jacobean Mansion. Spring should be in full bloom and if we are lucky we might get a glimpse of the odd bluebell. Many shops and hostelrys in the area. No public loos.

Led by Isabel Smith & Wickham Leaders:
Info 07970 937899

Monday 24th April

Postcode: IP13 0QX

Map Ref: TM302559

Grade 1,3+5 (split groups)

Approx: 35-90 mins

Wickham Market

Meet at 2:00pm on The Hill outside Cafe 46 for a walk round Wickham Market and the surrounding area. Walk will vary in length and time dependant on the walkers. Shortest time is 30 minutes and longest 90 minutes. Car parking free for 1hr, please use a parking ticket even if accessing free parking. Bus 64 from Aldeburgh arrives 1.45pm Other northbound services from Ipswich sketchy, use CATS service from Fram but note one weeks' notice required. Refreshments from Teapots

Led by Isabel Smith & Wickham Leaders.

**Friday,
5th May**

Butley Village Hall

Postcode: IP12 3NY

Map Ref: 369511

Grade 5

Approx 90 mins

Travel on the B1084 past the Oyster Pub and take first right into Mill Lane the Village Hall is 100 yds. on the left. Meet at 11:00am for a walk across the water meadows up past Padley Water onto Pedlars lane past the lonely Wantisden church back round Staverton Park. Viewing moorhens, visiting summer waders, or maybe even the odd deer which may include the secretive Sika or Chinese water species. Refreshments and toilets at The Oyster or The Blackberry at Swann's Nursery, Bromeswell on A1152.

Led by Isabel Smith & Wickham leaders: Info 07970 937899

**Monday,
8th May**

Wickham Market

Postcode: IP13 0QX

Map Ref: TM302559

Grade 1,3+5 (split groups)

Approx: 35-90 mins

Meet at 2:00pm on The Hill outside Cafe 46 for a walk round Wickham Market and the surrounding area. Walk will vary in length and time dependant on the walkers. Shortest time is 30 minutes and longest 90 minutes. Car parking free for 1hr, please use a parking ticket even if accessing free parking. Bus 64 from Aldeburgh arrives 1.45pm Other northbound services from Ipswich sketchy, use CATS service from Fram but note one weeks' notice required. Refreshments from Teapots

Led by Isabel Smith & Wickham Leaders.

Friday 19th May

Benhall Church

Postcode: IP17 1JL
Map Ref: TM 372619

Grade 5

Approx 90 mins

Meet at 11am. Reached by turning left if travelling North on the A12 and right if travelling south. Travel through Farnham take second left just before the Dual Car-riageway into Deadman's Lane. A walk through the Alde valley which joins the Fromus, Brook, Ore and from its upper reaches. Look for the spring woodland flowers and watch for newly arrived spring migrants and if we are lucky Cuckoo's. Café at Friday St on the other side A12. Toilets at the café.

Led by Isabel Smith & Wickham leaders: Info 07970 937899

Monday 22nd May

Wickham Market

Postcode: IP13 0QX

Map Ref: TM302559

Grade 1,3+5 (split groups)

Approx: 35-90 mins

Meet at 2pm on The Hill outside Cafe46 for a walk round Wickham Market and its sur-rounds. This will vary in length and time dependant on the walkers. The shortest time is 30 minutes and the longest 90minutes. Support given for those returning to health to others planning short or long sponsored walking events. All car parks now on a me-ter. Please put a ticket on your car even if accessing a free hour or £1 for 2hrs. Please use a parking ticket even if accessing free parking. £80 fine if you park around the Vil-lage Hall car park. Bus 64 from Aldeburgh arrives 1.45pm Other northbound services from Ipswich sketchy, use CATS service from Fram but note one weeks' notice re-quired. Refreshments from Teapots

Led by Isabel Smith & Wickham leaders : Info 07970 937899

Monday 5th June**Wickham Market**

Postcode: IP13 0QX

Map Ref: TM302559

Grade 1,3+5 (split groups)

Approx: 35-90 mins

Meet at 2:00pm on The Hill outside Cafe 46 for a walk round Wickham Market and the surrounding area. Walk will vary in length and time dependant on the walkers. Shortest time is 30 minutes and longest 90 minutes. Car parking free for 1hr, please use a parking ticket even if accessing free parking. Bus 64 from Aldeburgh arrives 1:45pm. Other northbound services from Ipswich sketchy, use CATS service from Fram but note one weeks' notice required. Refreshments from Teapots

Led by Isabel Smith & Wickham Leaders.

Monday 12th June**Horse & Garden Halesworth- Supplies Shop**

Postcode: IP19 8AP

Map Ref: TM387775

Grade 5

Approx 90 mins

Meet at 11:30am to allow you to travel by train. Horse and Garden are in the Main Car Park behind the Thoroughfare. A walk along the waterway that from the 1700's to 1900's carried malt products and other produce from The Quay to the sea and other ports. A look at the current park land and current use of land in the Blyth Valley. Also, known for smuggling routes as described in some historical work about The Queens Head at Blyford.

Led by Isabel Smith & Wickham leaders: Info 07970 937899

Monday 19th June**Wickham Market**

Postcode: IP13 0QX

Map Ref: TM302559

Grade 1,3+5 (split groups)

Approx: 35-90 mins

Meet at 2:00pm on The Hill outside Cafe 46 for a walk round Wickham Market and the surrounding area. Walk will vary in length and time dependant on the walkers. Shortest time is 30 minutes and longest 90 minutes. Car parking free for 1hr, please use a parking ticket even if accessing free parking. Bus 64 from Aldeburgh arrives 1:45pm. Other northbound services from Ipswich sketchy, use CATS service from Fram but note one weeks' notice required. Refreshments from Teapots

Led by Isabel Smith & Wickham Leaders.

Monday 17th July**Wickham Market**

Postcode: IP13 0QX

Map Ref: TM302559

Grade 1,3+5 (split groups)

Approx: 35-90 mins

Meet at 2:00pm on The Hill outside Cafe 46 for a walk round Wickham Market and the surrounding area. Walk will vary in length and time dependant on the walkers. Shortest time is 30 minutes and longest 90 minutes. Car parking free for 1hr, please use a parking ticket even if accessing free parking. Bus 64 from Aldeburgh arrives 1:45pm. Other northbound services from Ipswich sketchy, use CATS service from Fram but note one weeks' notice required. Refreshments from Teapots

Led by Isabel Smith & Wickham Leaders.

Friday 21st July**Ramsholt**

Postcode: IP12 3AB

Map Ref: 307415

Grade 5

Approx 90 mins

Meet at 2pm in the car park above the Ramsholt Arms. A walk over looking Gosford Bay that harboured the Kings Fleet in past marine wars. Visiting one of the rare circular towered churches made from flint and plaster. Passing the Deben shell industry centre. Toilets in the pub, book if you want lunch pre-walk.

Led by Isabel Smith & Wickham leaders: Info 07970 937899

Monday 31st July**Wickham Market**

Post Code: IP13 0QX

Map Ref: TM302559

Grade 1,3+5 (split groups)

Approx: 35-90 mins

Meet at 2:00pm on The Hill outside Cafe 46 for a walk round Wickham Market and the surrounding area. Walk will vary in length and time dependant on the walkers. Shortest time is 30 minutes and longest 90 minutes. Car parking free for 1hr, please use a parking ticket even if accessing free parking. Bus 64 from Aldeburgh arrives 1:45pm. Other northbound services from Ipswich sketchy, use CATS service from Fram but note one weeks' notice required. Refreshments from Teapots

Led by Isabel Smith & Wickham Leaders. **71**

Felixstowe Health Walks

Mondays
March 6th/20th
April 3rd/24th
May 8th/22nd
June 5th/19th
July 3rd

Felixstowe Sea Front Health Walks

A fortnightly Monday morning walk for all (except bank holidays). Meet at 10:45am outside the Felixstowe Leisure Centre entrance. Start your week off with a refreshing entry level health walk along the promenade and occasionally nearby park/gardens.

Postcode: IP11 2AE
 Grade 1 or 2.

Led by the Felixstowe group of Stepping Out in Suffolk trained walk leaders.

Approx. 40 to 60 mins

After Easter, we will be re-starting the longer walks on alternate Tuesdays. These will also be led by the Felixstowe group of Stepping Out in Suffolk trained walk leaders.

Tuesday 18th April

Trimley to Levington Marina

Postcode: IP11 ORZ

Meet at 10:45am in the fishing lakes car park. Go down Grimston Lane, over the rail crossing and carry straight on to the end of Thorpe Lane, then follow the footpath sign on the right 100m along the track to the car park. No facilities. Walk is across towards Levington, then down to the Marina, and back along the river edge path past Loompit Lake.

Map ref: 265 377

Grade 4

Approx. 90 mins

Contact on day: Nigel Meadows 07804820853

Tuesday 2nd May

Landguard Point Area

Postcode: IP11 3TW

Meet at 10.45 outside the Viewpoint Cafe, which is at the end of View Point Road, in the end car park. Walk is up to the Manor Road car park and back. Café and Toilets available.

Map ref: 284 320
 Grade 3

Approx 2miles / 80 mins

Contact on day Jenny Mundin 07775626331

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Tuesday 16th May

Searsons Farm and Fagbury Cliff lookout point

Postcode: IP11 OUD

Map Ref: 277 357

Grade 3

Approx. 90 mins

Meet at 10:45am in the Searsons Farm free car parking area, which is at the end of Cordys Lane, straight down Station Road, over the rail crossing on Station Road and straight on to end of the public road. Walk is all off road down to Fagbury Cliff, and a different way back. No facilities on site.

Contact on day: Nigel Meadows 07804820853

Tuesday 30th May

Peewit Hill and Grange Farm area

Postcode: IP11 7SH

Map Ref: 296 343

Grade 3

Approx. 90 mins

Meet at 10:45am in the Garrison Lane free car park. Map Walk is over railway, through Peewit Hill area and on various paths round the back of Grange Farm, returning past the cemetery. Facilities in Langer Park nearby.

Contact on day: Nigel Meadows 07804820853

Tuesday 13th June

The Grove

Postcode: IP11 9JL

Map reference 303 357

Grade 3

Approx. 90 minutes

Meet at 10:45am in The Grove Wood free car park. Just past the Medical Centre, north off the Beatrice Avenue/Colneis Road/Grove Road(A1021) roundabout. A walk out through the countryside, some uneven surfaces. Views over the Deben estuary. No facilities.

Contact on day: Jenny 07775626331

Tuesday 27th June

Brackenburg Sports Centre

Postcode: IP11 9JF

Map Reference 314 353

Grade 3

Approx. 90 mins

Meet at 10.45 in the Brackenburg sports centre free car park on High Road East. Walk is through grassy walkways and paths around old Felixstowe and back along the sea cliff top. Facilities available en route.

Contact on day: Nigel Meadows 07804820853

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Aldeburgh, Leiston, Saxmundham and Walberswick

2nd Wednesday of the Month **RSPB North Warren nature reserve walk**

8th March, 12th April,
10th May,
14th June

Post code: IP16 4NW
Map ref: TM 473595

Grade 2

3.5 miles. Approx 1.5
hrs

Meet at 10.30am at Thorpeness Mere on the village green next to the Meare, adjacent to the public toilets. Pay and Display car parking available in public car park opposite village green. Walk starts at 10.45am. A beautiful circular walk from Thorpeness taking in the RSPB North Warren nature reserve. The walk includes a mixture of woodland, heathland and boardwalk through a reedbed. Short stretch of footpath that is steep and narrow. Opportunity for lunch at end of walk.

Led by RSPB volunteers trained as Health Walk Leaders

4th Tuesday of the Month **RSPB Minsmere nature reserve walk**

28th March, 25th April,
23rd May,
27th June

Post code: IP17 3BY
Map ref: TM470672

Grade: 2 or 3. 1.5 - 2
miles / 1 - 1.5hrs

Meet at 10.45am outside the visitor centre for an 11.00am start. Follow the brown tourist info signs marked RSPB Minsmere off the A12 at Blythburgh or Yoxford. A walk around the lovely RSPB Minsmere nature reserve, home to some of Suffolk's greatest wildlife. Depending on the weather and walkers' abilities and preferences, we will take a coastal, woodland, or reedbed route. The visitor centre has a large car park, toilets, café and shop. During the Health Walk you'll get free access to the reserve, but normal entry fees apply at other times. No dogs are allowed because of breeding birds, except assistance dogs kept on a short lead.

Led by RSPB volunteers trained as Health Walk Leaders

Tuesday, 7th March

Postcode IP16 4QT
Map ref: TM455607

Grade 4

Approx. 2¾-3miles /
1½ - 1¾hours

Aldringham Common and the Fens

Meet at 10.30am in Aldringham Common car park. From the Leiston to Aldeburgh road at the Aldringham crossroads (Parrot and Punchbowl) take B1353 to Thorpeness. Shortly after a little turn on the right to the church, go left into car park. A lovely walk through grassy tracks, woodland, farms, fens and heathland. Dogs welcome on short lead. May be muddy in wet weather. No facilities but refreshments available at Thorpeness or the Parrot and Punchbowl pub at Aldringham.

Led by Maggie Jennings and Fiona Foreman

Wednesday, 15th March

Postcode: IP18
Map ref: TM484744

Grade 2.

Approx. 2 hours / 3.5km
walk.

Walberswick Heathland Walk

Meet at 10.00am in Hoist car park, Lodge Lane. Join the Natural England Reserve Manager for a walk around the heathland on the Suffolk Coast National Nature Reserve. Walk starts from car park at Hoist Covert and takes in Tinker's Heath, East Sheep Walks and East Hill with views of the reedbed and coast.

Led by Paul Lacey.

Friday, 17th March

Postcode: IP15 5HY

Map ref 458569

Grade 4 (steep steps)

Approx. 3 miles/1½ hrs

Aldeburgh - New Walk

Meet 11am in King's Field Recreation Ground car park, behind Aldeburgh Community Centre off roundabout at junction with A1094 Saxmundham Road and B1122 Leiston Road. A walk on footpaths across the marshes and river wall. If part of the river wall is closed we will walk towards Slaughden returning along the sea wall and Crag Path. Dogs welcome on short lead. Will be muddy in wet weather.

Arrive early if you're a new walker.
Refreshments in the town.

Led by Fiona Foreman and Judy Chesterfield.

**Tuesday,
21st March**

Castle Walks, Framlingham

Postcode: IP13 9BH

Meet 10.30am outside Castle Inn for a 10.45 am start. A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths, uneven ground and may be muddy. Bus route 62, 118 & 119. Parking at St Michael's Rooms (honesty box), Castle car park (pay & display) or town centre car parks. Toilets and refreshments at Castle Inn after walk. Public toilets in Crown & Anchor Lane (off Church Street).

Grade 4/5 (possibility of kissing gates)

Approx 2 - 3 miles (60-70 mins)

Led by Castle Walks Group Walk Leaders

**Tuesday,
4th April**

Westleton and Dunwich Forest

Postcode: IP17 3AD
Map ref TM459696

Meet 10:30am in Westleton Heath Nature Reserve Car Park. From the B1125 in Westleton take the road signposted Dunwich and Minsmere, car park is 2nd one along the road on the left shortly after a sharp right hand bend. A walk through a lovely part of the forest returning via the original track into Dunwich. There is a short distance of board walk on a little known path (not always maintained as well as major footpaths). Mid walk there is one big hill up, and one sharp hill down. Will be muddy in wet weather. Dogs welcome on short lead. Refreshments/toilets available in Westleton. Please arrive early if you are a new walker.

Grade 4

Approx. 2½ miles/ 1½ hours.

Led by Maggie Jennings and Fiona Foreman

**Tuesday,
18th April**

Castle Walks, Framlingham

Postcode: IP13 9BH

Grade 4/5 (possibility of kissing gates)

Approx 2 - 3 miles
(60-70 minutes)

Meet at 10.30am outside Castle Inn for a prompt 10.45 am start. A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths, uneven ground and may be muddy. Bus route 62, 118 & 119. Parking at St Michael's Rooms (honesty box), Castle car park (pay & display) or town centre car parks. Toilets and refreshments at the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).

Led by Castle Walks Group Walk Leaders

**Wednesday,
19th April**

Palmer's Lane & Grazing Marshes Walk

Postcode: IP18
Map Ref: TM490754

Grade 5 (Stile).

Approx. 70 - 80mins /
5.5km walk.

Meet at 10.00am lower car park on Palmers Lane, Walberswick. Join the Natural England Reserve Manager for a walk around Tinker's Marshes. A fantastic circuit along the Blyth river wall with views of Southwold and local wildlife. Binoculars, cameras (and usually wellies) are a must!

Led by Paul Lacey.

**Tuesday,
25th April**

Postcode: IP17 2
Map Ref TM322630

Grade 2-3

Approx. 3 miles/1½
hours

Woodland Trust, Great Glemham

Meet at 11am in the Woodland Trust car park. From the A12 at Saxmundham take the B1119 towards Framlingham. After about 3¾ miles take a left hand turning signposted Great Glemham and Stratford St Andrew. Look for the brown tourist sign for Woodland Trust. The car park is shortly on the right. A walk around a relatively young woodland which is interspersed with pockets of ancient woodland, wide rides and wild flower meadows. Will be muddy if wet. Dogs welcome on a short lead. Please arrive early if you are a new walker. No facilities. Cafe in nearby Sweffling.

Led by Fiona Foreman and Judy Chesterfield.

**Tuesday,
2nd May**

Postcode: IP12 2NF
Map ref TM425495

Grade 2-3

Approx. 2.5 miles / 1½
hours

Orford

Meet at 10:30am at Orford Castle. There is limited parking in the centre of the village but a large pay and display car park is on the left, just before the quayside. We will walk inland, past the castle and along wood side tracks by the school. Then over to-wards Gedgrave before returning on the river path with views of Havergate Island. Re-freshments/toilets available in Orford . The Pump Street bakery is not open for coffee on a Tuesday but a short walk down to the quay will take you to the little café by the river. Will be muddy in wet weather. Dogs welcome on short lead. Please arrive early if you are a new walker.

Led by Maggie Jennings and Fiona Foreman

**Tuesday,
16th May**

Postcode: IP13 9BH

Grade 4/5 (possibility of
kissing gates)

Approx 2 - 3 miles (60-
70 mins)

Castle Walks, Framlingham

Meet at 10.30am outside Castle Inn for a 10.45 am start. A walk around Framlingham; walks will vary each month depending on the weather and walkers involved. May include footpaths, uneven ground and may be muddy. Bus route 62, 118 & 119. Parking at St Michael's Rooms (honesty box), Castle car park (pay & display) or town centre car parks. Toilets and refreshments at the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).

Led by Castle Walks Group Walk Leaders

**Wednesday,
17th May**

Postcode: IP19 9LQ

Grade 2

Approx. 1 hour / 2.5km
walk.

Angel Marshes & Woodland Walk

Meet 10.00am Blythburgh Village car park (opposite White Hart pub off A12). Join the Natural England Reserve Manager for a walk around the upper Blyth Estuary and Angel Marshes returning through Dead Man's Covert. A great walk with opportunities to see local wildlife and discover the history of the woods!

Led by Paul Lacey.

Tuesday 23rd May

Postcode: IP17 1SD

Map ref TM401583

Grade 2-3

Approx. 3 miles/1½ hours

Snape, Priory Road

Meet 11:30am in RSPB Snape Warren car park on a sharp bend in Priory Road. A circular walk along the Snape to Aldeburgh Sailors Path, across Snape Warren heathland with views of the river Alde, returning via the Sailors Path. Dogs welcome on a short lead. May be muddy in wet weather. Arrive early if you are a new walker. Refreshments at nearby Snape Maltings and pubs in Snape.

Led by Fiona Foreman and Judy Chesterfield.

**Tuesday,
6th June**

Captain's Wood, Sudbourne - No Dogs

Postcode: IP12 2AD

Map Ref: TM420520

Grade 2

Approx. 3 miles / 1¾
hours

Meet at 10:30am opposite Sudbourne Church. Travelling south from Snape Maltings take a fork left, signposted Orford and Sudbourne and continue to Sudbourne. Go right through the village to a 5 way crossroads and take the first left, signed Sudbourne Church. A lovely walk through this ancient wood. We usually see fallow deer as this is home to a large herd. Free parking. Not on bus route. Toilets and refreshments are available in nearby Orford or Snape. Please arrive early if you are a new walker.

Led by Maggie Jennings and Fiona Foreman

**Tuesday,
20th June**

Castle Walks, Framlingham

Postcode: IP13 9BH

Grade 4/5 (possibility of
kissing gates)

Approx 2 - 3 miles (60-
70 mins)

Meet at 10:30am outside Castle Inn for a prompt 10:45 am start. A walk around Framlingham; walks will be different each month depending on the weather and walkers involved. May include footpaths, uneven ground and may be muddy. Bus route 62, 118 & 119. Parking at St Michael's Rooms (honesty box), Castle car park (pay & display) or town centre car parks. Toilets and refreshments at the Castle Inn after the walk. Public toilets in Crown & Anchor Lane (off Church Street).

Led by Castle Walks Group Walk Leaders

**Wednesday,
21st June**

Westleton Heath Walk

Postcode: IP17 3AU

Map Ref: TM459696

Grade 2.

Approx. 1 hour / 2.5 km

Meet at 10.00am Westleton Car Park, Westleton Road. Join us for a walk around the wonderful woodland and heathland of Westleton Heath National Nature Reserve. Starting from the carpark the walk loops from the car park, down to Frederick's Wood and returns via the Roman Road. 2.5km walk.

Led by Paul Lacey.

**Monday,
26th June**

Benhall Church, Saxmundham

Postcode: IP17 1JL

Map ref: 372619

Grade 3-4

Approx. 3 miles/1½ hours

Meet at 10:30am at St Mary's Church car park, Dedman's Lane. Turn west off the A12 into Mitford Road, signed Benhall Church. Turn right at the end of the road and the church is 0.2 miles on the left. The car park is on the north side of the church. Mostly wide grassy paths around open arable farmland. Possibility of ploughed fields. Includes some road walking. Will be muddy if wet. Gentle slope at start of walk. Toilets and refreshments nearby at Friday Street Farm Shop. Dogs welcome on short lead. Please arrive early if you are a new walker.

Led by Fiona Foreman and Judy Chesterfield.

LOSE
WEIGHT

Adults & Children

Support programmes for both adults and children to help encourage everyone to improve their health and well-being.

STOP
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A free 12-week support programme delivered by trained advisors either face-to-face or over the phone.

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health
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Our FREE NHS Health Checks will be held in community spaces and are aimed at 40-74 year olds.

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Now in its tenth year, The Suffolk Walking Festival has over 100 walks on offer, providing the opportunity to explore the wonderful and diverse Suffolk countryside; from strolls around medieval towns, amble along the coast or wander through our stunning countryside and enjoy the landscapes of two Areas of Outstanding Natural Beauty.

OneLife Suffolk will also be a part of the festivities, holding two family walks on 3rd June (one in Sudbury, one in Whitton - head to www.suffolkwalkingfestival.co.uk) and carrying out NHS Health Checks at the two walks listed below:

Sunday 21st May

Start: 11am - 11:30am
Postcode: IP14 1DL
Option of 1 or 3 miles
Up to 3 hrs.

Walk of laps of the museum grounds in support of raising awareness of Dementia locally in Stowmarket – option to do one or 3 miles – stay on after walk for half price admission on the day to the museum and the opportunity to stay for a free dementia friends awareness session at 3pm as well as health checks from OneLife Suffolk.

Sunday 4th June

Start: 10:30 - 11:30am
Postcode: IP9 2YR
Approx. 8 miles/3 to 4 hrs.
Cost of walk: £10

Lions Charity Challenge Mutt Strut
Eight mile self-guided dog walk around the beautiful Alton Water Reservoir. Hilly in places and during the wet weather can also be muddy. Open to all, however walkers must be physically fit and their dog must be used to walking long distances. This walk is not for the faint hearted, and as it is around the Reservoir, there are no short cuts.

' L O S E '



WEIGHT

Adults & Children

STOP
Smoking



Active

wellbeing

 **health** 
checks

Health
-WALKS-

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